

NOURISH TOMPKINS



[Nourish Tompkins](#) is a cross-collaborative initiative started by Cornell Cooperative Extension in Tompkins County with members of the Tompkins County COVID-19 Food Task Force to respond to the upsurge in food-insecurity during the pandemic.

Nourish Tompkins is a **hyper-localized** variation on Nourish NY, the statewide initiative that allocated \$25 million to New York's network of food banks to purchase and distribute surplus agricultural products from upstate NY farms to populations in need. The food bank serving Tompkins County (Food Bank of the Southern Tier) was allocated approximately \$1 million by Nourish NY, and used these funds to primarily purchase dairy products from farms outside of Tompkins County.

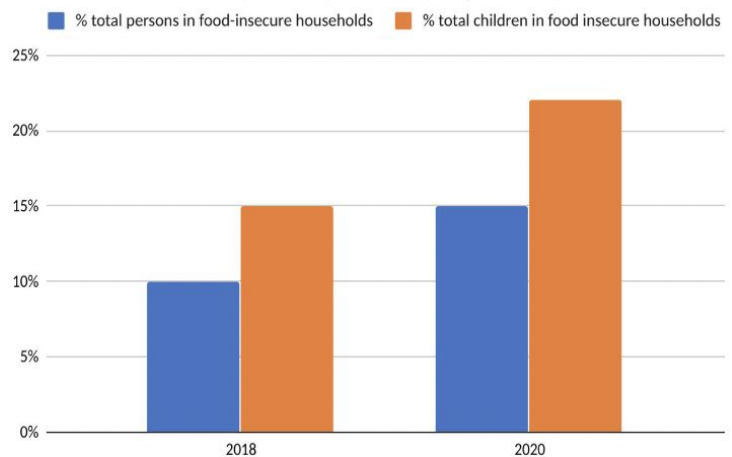
Community Food Security

Amidst the COVID-19 pandemic, food hardship has been substantially elevated. Over 14,000 residents in Tompkins County are projected to experience food-insecurity in 2020, including 3,250 (one in every five) children.

Farmers are also facing challenges due to the pandemic, including lost income, putting many at risk of going out of business.

Food Insecurity in Tompkins County

2018 (Actual*) vs 2020 (Projected**)



Source: Feeding America *Mapping the Meal Gap Study and **Analysis of Food Insecurity

NOURISH TOMPKINS

Dual Goals: Agriculture & Nutrition

In an effort to provide fruits and vegetables to food-insecure community members, and income to local produce farmers, Nourish Tompkins was created with financial support from the Community Foundation of Tompkins County, Friendship Donations Network, donations collected by Headwater Food Hub, and a FEMA CARES grant awarded by the Emergency Food and Shelter Program Local Board in Tompkins County.

By working with over a dozen local farms and multiple hunger relief partners, Nourish Tompkins provided over 10,500 pounds of produce and over 1,500 healthy meals to the most vulnerable, food-insecure populations throughout the county. Small family farms in and around Tompkins County gained \$29,500 in income from purchases made by Nourish Tompkins.

PRODUCE DISTRIBUTED

10,500 lbs



INCOME FOR FARMS

\$29,500



PROMOTING

NUTRITIONAL
FOOD SECURITY

FARMER
VIABILITY

NOURISH TOMPKINS

Beneficiaries

Nourish Tompkins is designed to benefit small to midsize family farms in and around the county, and people experiencing grave challenges accessing healthy food whose needs aren't being met by existing food assistance programs. Members of the Tompkins County Covid-19 Food Task Force identified community needs and gaps in food security, and informed the selection of hunger relief partners and methods to reach populations identified as most vulnerable during the pandemic.

Total number of family farms in and around the county impacted = 14

Total number of food-insecure youth and adults impacted = 4,215



515 SCHOOL FAMILIES

Delivered by school buses to rural areas



700 HOME DELIVERIES

Homebound / people with Limited Mobility

WEEKLY BOXES

- MIGRANT DAIRY FARMWORKERS
- SUPPORTIVE & TRANSITIONAL HOUSING
- INDIGENOUS PEOPLE, REFUGEES & IMMIGRANTS



NOURISH TOMPKINS



150 MEALS PREPARED WEEKLY
FOR PEOPLE IN REENTRY,
RECOVERY & LIVING UNSHELTERED



COOKING &
PRESERVING IN
THE GARDEN



NEIGHBORHOOD
FOOD
DISTRIBUTION

The community-based model of Nourish Tompkins provided the flexibility for partners to develop creative strategies to address barriers to food security during the pandemic. Examples include using school busses to transport produce boxes to school families in rural areas, hosting cooking classes in an outdoor kitchen, and using summer youth employment and volunteer chefs to prepare and distribute meals and preserve surplus produce. Nourish Tompkins **prevented thousands of pounds of fruits and vegetables from being wasted** by converting highly perishable produce into prepared meals for homeless and other vulnerable populations.

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Nourish the Future

[Nourish Tompkins](#) proved to be a successful strategy to help small farmers make up for lost income during the pandemic, and provide vulnerable, food-insecure populations with fresh produce and healthy meals.

Support is needed to continue the program.

TO DONATE ONLINE:

cctompkins.org/food/nourish-tompkins

Please make checks payable to CCE Tompkins and note Nourish Tompkins in the memo line.

Mail to: Coop Extension, 615 Willow Ave, Ithaca NY 14850



Acknowledgements

Thank you to the Tompkins County Covid-19 Food Task Force, City Harbor Group, Catering by Luna and Finger Lakes ReUse Center for use of the warehouse and cooler, Community Foundation of Tompkins County, local farmers, volunteers and the following hunger relief partners:

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Friendship Donations Network
Dawn & Michael
Headwater Food Hub
Healthy Food For All
Jen Irwin & Stan Walton, Chefs

Lively Run Goat Dairy
No Mas Lagrimas
PressBay Food Transfer Hub
Sam Epps, Executive Chef, Gola Osteria
Tompkins Community Action
Ultimate Reentry Opportunity Initiative
Village at Ithaca

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